



Healthier Ingredient Substitutions

Your recipe says	Use this instead	It's best used for
Butter	Soft, tub margarine	Spreading
Butter or margarine	Marshmallow crème	Frosting
Butter	Cooking spray and/or nonstick cookware	Baking, sautéing
Oil in baked goods	Unsweetened applesauce-equal amount	Quick breads, muffins, cakes
Oil in baked goods	Baby pureed prunes	Brownies, dark quick breads
Oil, egg, water in cake mix	Small can of pumpkin puree	Cake mixes
Whole or 2% milk	Skim milk	Any recipes
Buttermilk	15 TBSP skim milk + 2 TBSP lemon juice	Any recipes
Evaporated whole milk	Evaporated skim milk	Any desserts or sauces
Sweetened Condensed Milk	Low fat or fat free sweetened condensed milk	Any desserts or sauces
Half and Half or Heavy Cream	Evaporated skim milk; fat-free half and half	Any deserts or sauces
Whipped Cream	Whipped chilled evaporated skim milk or use reduced-fat whipped topping	Any desserts
Cheddar cheese	Very sharp or sharp cheddar cheese – use $\frac{3}{4}$ of the amount	Any recipes
Grated Parmesan cheese	Fresh shredded Parmesan cheese – use $\frac{3}{4}$ of the amount	Any recipes
Cream Cheese	Light or fat free versions or fat-free ricotta cheese	Baking (fat free version may produce a runny product)
Sour cream	Fat free or light sour cream; plain Greek yogurt	Dips, salad dressing, sauces
Sour cream	Equal parts low fat yogurt and low fat cottage cheese	Dips, salad dressing (puree in blender until smooth)
Mayonnaise & Salad dressing	Light or fat free versions; low fat or light plain yogurt; plain Greek yogurt	Dips, salad dressing, sauces
1 oz unsweetened baking chocolate	3 TBSP cocoa + 1 tsp. sugar + 1 $\frac{1}{2}$ tsp oil	Baking
Chocolate chips	Finely chopped dark chocolate or $\frac{1}{2}$ the amount of mini chocolate chips	Baking
Chopped nuts	$\frac{1}{2}$ the amount toasted to bring out the flavor	Baking
Shredded coconut (1 cup)	$\frac{1}{2}$ cup toasted coconut + $\frac{1}{2}$ tsp. coconut extract	Baking
White sugar	$\frac{1}{3}$ to $\frac{1}{2}$ less than amount in recipe; or equal amount of Splenda; or $\frac{1}{2}$ sugar and $\frac{1}{2}$ Splenda	Baking
Brown sugar	$\frac{1}{3}$ to $\frac{1}{2}$ less than amount in recipe	Baking

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White flour	$\frac{3}{4}$ to $\frac{1}{2}$ white flour and $\frac{1}{4}$ to $\frac{1}{2}$ whole-wheat flour	Baking
Salt	Salt free herbs and spices	Any recipes
Garlic salt	Garlic powder or fresh garlic	Any recipes
Onion salt	Onion powder or fresh onion	Any recipes
Whole egg	$\frac{1}{4}$ cup egg substitute or 2 egg whites	Baking; omelets
Pastas	Whole-wheat pasta	
White rice	Whole grain rice; Bulgur, Quinoa, Whole-Wheat Couscous	
Regular gelatin and pudding mixes	Sugar free gelatin and pudding mixes	

How Many Calories Am I Saving???

Use This	Don't Use This	Calories Saved
Sugar sub	Sugar	1 cup sugar=700 calories
$\frac{1}{4}$ cup egg white	1 egg	41 calories
$\frac{1}{2}$ cup applesauce	$\frac{1}{2}$ cup oil	908 calories
$\frac{1}{2}$ cup canned pumpkin	$\frac{1}{2}$ cup oil	919 calories
$\frac{3}{4}$ cup oil	1 cup oil	484 calories
1 cup broth	1 cup oil	1936 calories
1 cup light mayo	1 cup regular mayo	800 calories
1 cup fat free sour cream	1 cup regular sour cream	390 calories
1 cup evaporated skim milk	1 cup evaporated milk	140 calories
1 cup evaporated skim milk	1 cup heavy cream	472 calories
1 cup fat free egg nog	1 cup regular egg nog	164 calories
Grape-nuts	In place of half the amount of nuts in a recipe	320 calories
1 slice Pecan pie	1 slice pumpkin pie	316 calories
Cut pie into 10 pieces	Vs cutting pie into 8 pieces	Saves 20% of the calories
Cut pie into 12 pieces	Vs cutting pie into 8 pieces	Saves 33% of the calories